



Parenting Teens & Young Adults Course

MODULES

- ✓ Introduction and Goal Setting
- ✓ Understanding Adolescent Development
- ✓ Effective Communication with Teens
 - ✓ Setting Healthy Boundaries
- ✓ Managing Conflict and Power Struggles
 - ✓ Supporting Emotional Health
- ✓ Encouraging Responsibility and Accountability
- ✓ Fostering Independence and Preparing for Adulthood
- ✓ Addressing Substance Use and Risky Behaviors
- ✓ Navigating Peer Pressure and Social Media Influence
- ✓ Coping with Academic and Career Pressures
 - ✓ Self-Care for Parents
- ✓ Co-Parenting and Family Dynamics
- ✓ Letting Go and Trusting the Process
- ✓ Reflection and Future Planning & Program Wrap-Up

Anxiety disorders affect 31.9% of adolescents between 13 and 18 years old. Research shows that untreated teenagers with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse. - <https://adaa.org>

For School Districts, College Counseling Centers, Family Engagement Groups, PTAs, PTOs, Youth Groups and more!!!

COURSE PRICING

SMALL INSTITUTIONS (UP TO 500 STUDENTS)

- Price: \$3,000 - \$5,000
- Includes: Full access to the 15-module training, downloadable workbooks, and up to two years of content rights.

MEDIUM INSTITUTIONS (501 - 2,000 STUDENTS)

- Price: \$6,000 - \$8,000
- Includes: Full access, limited customization options (like branding on workbooks), and content access for two years.

LARGE INSTITUTIONS (2,001 - 5,000 STUDENTS)

- Price: \$9,000 - \$12,000
- Includes: Full access, downloadable workbook downloads, customization options, content access for up to three years, and a 1-hour virtual Q&A session with you or a representative (as requested).

VERY LARGE INSTITUTIONS/DISTRICTS (5,001+ STUDENTS)

- Price: \$15,000+
- Includes: All of the above, extended three-year access, and two virtual Q&A sessions annually for direct support (as requested).



**Contact for Details
& Inquiries**

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The pandemic has exacerbated mental health challenges, with significant increases in reports of anxiety and depression among teens and young adults. In 2020, about 40% of young adults reported experiencing symptoms of anxiety or depression. – Source – KFF analysis of U.S. Census Bureau, Household Pulse Survey, 2023

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Course Includes:

- Access to 15 Modules (can be used individually or together, based on needs)
- Interactive Workbook (Reflection Questions, Role Plays, Case Scenarios, & More)
- Facilitator Instructions
- Facilitator Notes, included in Presentation Deck
- Group Discussion Questions
- Training Outlines (Workshop, 2 Day, 2.5 Days, 5 Days)

Course Release Date - December 1, 2024
Pre-Sale - 50% Off (Ends
November 30, 2024)

Joycelyn Johnson is a passionate mental health professional, educator, and clinical supervisor with over 8 years in the field of counseling. She decided to pivot after 25 years in corporate America because of her passion for mental health. Joycelyn knows first hand how improving your mental health can positively impact one's life. She is the founder of a private practice that provides individual, couples, and family counseling, along with consulting and coaching services. Joycelyn is deeply committed to empowering communities, especially underserved communities, with accessible mental health education and support. She has published a 'You Don't Know What You Don't Know' book series to engage and educate individuals on various mental health topics.

As a former school board member, Joycelyn is dedicated to helping children and their families navigate educational challenges. She is also leading a parenting training program focused on teens and young adults for educational institutions and parent organizations, demonstrating her commitment to supporting families through developmental transitions.

Joycelyn's work is informed by her own experiences overcoming significant personal challenges, including childhood trauma and single parenting. She brings a unique perspective to her practice, integrating her understanding of complex trauma and resilience into her therapeutic approach.

As a mother of two grown sons, Joycelyn is also familiar with the joys and struggles of parenting. She has two adult sons, one of whom recently graduated from Northern Kentucky University with a degree in Psychology and the other from Drexel University with a degree in photography. Joycelyn continues to be dedicated to fostering a supportive environment for her sons, despite facing complex family dynamics as a divorced mother.

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Joycelyn Johnson, LPCC-s, LMHC, CCTS-I